sequence, the functions of the stomach in them are more apt to be deranged by mental influences and by disease in other parts of the body; and among the lower classes, they have generally a less nutritious diet, since the men, in order to support their more laborious work, take or have accorded to them a larger quantity of animal food and of malt liquors than is consumed by the weaker sex.

In the treatment of waterbrash, our first endeavour should, of course, be to remove the conditions that may seem to have brought it on or to maintain it.

If the disorder should seem to be caused mainly by a diet not sufficiently nutritious or consisting too much of farinaceous substances, the most effectual remedy will be a wholesome nourishing diet, containing a proper quantity of animal food *in its most digestible form*. Little permanent benefit can, indeed, be expected from medicine unless the diet is improved.

If the disorder should seem to have been induced, or to be kept up, wholly or in part, by fatigue, it is very essential that the patient should rest; if by constipation, that this condition should be removed by purgatives, such as aloes or colocynth, that do not offend the stomach.

After these points have been attended to, much further good may be done by medicines.

The medicines that have been found most useful in pyrosis are—

1. Medicines which have an astringent action on the coats of the stomach. Among these may be classed bismuth, lime-water, and the vegetable astringents—kino, catechu, krameria, logwood.

2. Sedatives, especially opium and the salts of morphia, which probably also tend to restrain undue secretion by the mucous membrane, but which are chiefly of use in allaying the gastralgia that attends pyrosis.

Medicines from these two classes may often be combined with advantage. Five grains of bismuth with a twelfth of a grain of the muriate of morphia, or five grains of the compound kino powder, or an efficient dose of catechu, krameria, or logwood, with opium, may be given two or three times a day.

3. Some other medicines have obtained repute in pyrosis which cannot be classed with the preceding. They have most of them an astringent action on the coats of the stomach, but act, directly or indirectly, on the nervous system as well.

The chief of these are, nitrate of silver, which may be given in pills, in doses, of half a grain, three times a day; nux vomica, which may also be given in pill, in the dose of from three to five grains, three times a day; quinia; and the mineral acids.

Some of the medicines I have mentioned have been popular remedies for pyrosis in districts in which the malady has prevailed.

It is stated that nux vomica is a popular remedy among the Laplanders, to whom it was recommended by Linnæus, and that lime-water was some years ago a popular remedy among the rural population of North Wales.

4. The disorder is often connected with anæmia; and steel is of great service, both in removing it and in preventing its recurrence.

The medicines of which I have had most experience in disorders of this class, and which are probably as efficacious as any, are bismuth, with morphia; krameria, and logwood, with opium; and steel.

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18. *Treatment of Diabetes.*—Several cases of diabetes have recently occurred in the hospitals, in which the treatment so much vaunted two years ago by the permanganate of potash, has been tried fairly, without any good result. The theory which refers the original lesion to the nervous system, and considers the defective assimilation as a mere symptom, appears to gain ground among London physicians. Dr. Goolden, of St. Thomas's Hospital, related, in some clinical remarks, a few weeks ago, the case of a guard of a railway train, who received a severe blow on the head; and, while suffering from the consequent cerebral symptoms, passed large quantities of sugar in his urine. Guided by this fact, as well as by the well-known experiments on animals, in which saccharine urine may be produced by irritation to the floor of the fourth ventricle, Dr. Goolden has directed his measures of treatment to the head.

Four cases have been or are under treatment in St. Thomas's, and in two, very great benefit appears to have been derived; the patients, meanwhile, not being restricted in any way as to the use of vegetable diet. Shaving the scalp, blisters to the nape or scalp, and small, repeated doses of mercury have been the chief measures adopted.

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19. *Topical Uses of Iodine.*—The value of iodine as a counter-irritant is year by year becoming more generally appreciated, and is yet much less so than it deserves. The iodine solution will probably, before long, entirely supersede mustard plasters, being at once more efficient, and much less disagreeable in its employment. The following notes on its applications will, perhaps, not be useless; they are the results of very extended observations in the hospitals generally, but more especially in those devoted to the treatment of diseases of the chest—1st. In the pleuritic stitches, or aching pains in the chest, so commonly recurrent in the course of phthisis, the iodine paint,[1] applied over the affected spot, usually affords, without any expense to the vital powers, much more relief than either leeches, sinapisms, or blisters. It may be used in almost all conditions of the system with perfect safety. 2d. In cases of aphonia or hoarseness, depending on inflammatory thickening of the parts concerned in the production of voice, great benefit may be derived from painting the iodine over the front of the throat externally. 3d. If the mucous lining of the fauces, etc., be thickened and congested, the solution may, without risk, be freely applied to the part itself. 4th. In the treatment of chronic enlargement of the tonsil, the application of iodine to the gland itself will sometimes effect a cure, but is much less generally efficient than constitutional treatment. 5th. In cases of chronic pleuritic effusion, or of consolidation of the lung, the solution should be painted over a large extent of the diseased side, and is of great service when the period for blistering or leeching has passed. 6th. Applied extensively over the belly, iodine is a useful counter-irritant in the incipient stages of strumous peritonitis. 7th. In strumous ophthalmia, the application of the pharmacopœial tincture to the skin of the lids is often effectual in relieving intolerance of light; much benefit may also be derived from like practice in cases of granular lids. In both instances, frequent repetition is necessary. 8th. In all forms of periostitis, whether syphilitic, strumous, or the result of injury, iodine paint is invaluable. 9th. It is needless, perhaps, to mention the employment of iodine as a local application to bronchocele, to inflamed joints, and to enlargements of the absorbent glands; with regard to the latter, a point is worthy of being borne in mind, to which Dr. Budd was, we believe, the first to direct attention, viz., the propriety of applying it to the skin beyond, and not over the affected gland, so as to allow of its being absorbed and taken through the gland in the course of the lymphatic circulation. 10th. Injections of iodine into the cavities of abscesses, glandular or otherwise, appear most frequently to produce good results, and to be unattended, except in very exceptional instances, by any risk. The theory of their use is, that they provoke adhesive and not suppurative inflammations, as, for instance, in the radical cure of hydrocele. 11th. In cases of contracted cicatrices after burns, in which treatment by extension is adopted, the application of iodine is of advantage in causing the absorption or softening down of the indurated structure. Some cases illustrative of this have recently been under care in the Middlesex Hospital. Care must be exercised, or ulceration may be caused. 12th. In cases in which the patient cannot be got to swallow medicine, as now and then happens in phagedæna of the throat, the specific influence of iodine may be induced by its endermic application, the best method being to paint over large surfaces of skin the pharmacopœical tincture, choosing a different part each time.

[1] The following is the formula for the solution alluded to:—℞ Iodinii ʒi; sp. vini rectificati ℥i; Ft. solutio. This should be allowed to stand by in a glass-stoppered bottle for some months before required for use. It then becomes thick and syrupy, rapidly dries when applied to the skin, and does not run. It should be applied with a camel-hair brush, one, two, three, or more coatings, according to the wished-for effect.